

GOVERNMENT COLLEGE, KARLA VATTOM

DEPARTMENT OF PHYSICAL EDUCATION

TEAMS AND ACHIEVEMENTS

**INDIVIDUAL ACHIEVEMENTS
2015-16**



**MAHESH M
STATISTICS
THIRD POSITION IN
NATIONAL KHO KHO
CHAMPIONSHIP HELD AT
ODISHA & GOLD MEDAL IN
SENIOR SOUTHZONE KHO
KHO CHAMPIONSHIP 2015-16**



**RESHMA V
BIOCHEMISTRY
SILVER MEDAL IN SENIOR
NATIONAL TAEKWONDO
CHAMPIONSHIP HELD AT
PUNJAB 2015**



**ANASWARA LS
GEOGRAPHY
GOLD MEDAL IN
SENIOR NATIONAL
TAEKWONDO
CHAMPIONSHIP HELD
AT ODISHA 2015**

**INDIVIDUAL ACHIEVEMENTS
2015-16**



SHIBLI AP
PCA
GOLD MEDAL IN ALL INDIA
INTERUNIVERSITY ATHLETICS
(4X100 MTS RELAY) HELD AT
PATIALA-2015 AND GOLD MEDAL
IN FEDERATION CUP
ATHLETICS 2015-16



SHIELDA AP
PCA
GOLD MEDAL ALL INDIA
INTERUNIVERSITY ATHLETICS
2015--16



NANDANA M S
Biochemistry
South zone interuniversity
participation 2015-16, Senior State
KhoKho Championship: Silver
Medal, 2015

INDIVIDUAL ACHIEVEMENTS

2015-16



SARATH CHANDRAN G

Statistics

ALL INDIA

INTERUNIVERSITY

CYCLING PARTICIPATION&

KERALA UNIVERSITY INTER

COLLEGIATE CYCLING

CHAMPIONSHIP: SILVER

MEDAL 2015



SAJEEV P

Geography

Kerala University Inter Collegiate

Cycling Championship: Silver

Medal, 2015



SARATH SS

COMPUTER SCIENCE

KERALA STATE KHO KHO

CHAMPIONSHIP SILVER MEDAL 2015



MIDHUN KRISHNAN S

Geography

ALL INDIA INTYERUNIVERSITY

PARTICIPATION IN GYMNASTICS

& GOLD IN UNIVERSITY

INTER COLLEGIATE

GYMNASTICS

CHAMPIONSHIP: 2015

INDIVIDUAL ACHIEVEMENTS 2016-17



MAHESH M
Statistics PARTICIPATION IN
NATIONAL SENIOR KHO KHO
CHAMPIONSHIP HELD AT
NAGPUR & SECOND POSITION IN
SOUTH ZONE NATIONAL KHO
KHO CHAMPIONSHIP HELD AT
KARNATAKA



AISWARYA L S
Geography SECOND POSITION IN ALL
INDIA INTERUNIVERSITY TAEKWONDO
CHAMPIONSHIP HELD AT MD UNIVERSITY
ROTHAK, MARCH 2017 SENIOR NATIONAL
TAEKWONDO CHAMPIONSHIP BRONZE
HELD AT ANDRAPRADESH -



SARATH A S
BIOCHEMISTRY
PARTICIPATION IN ALL INDIA
INTERUNIVERSITY CYCLING HELD AT
GNDU AMRITSAR, KERALA
UNIVERSITY INTER
COLLEGIATE CYCLING
CHAMPIONSHIP: SILVER
MEDAL, 2016



MIDHUNKRISHNAN S
(ALL INDIA
INTERUNIVERSITY
PARTICIPATION IN
GYMNASTICS HELD AT
PUNJAB
UNIVERSITY FEB -2017

INDIVIDUAL ACHIEVEMENTS

2016-17



SHILBI A P
PHYSICS & COMPUTER
APPLICATION
KERALA UNIVERSITY
INTER COLLEGIATE
ATHLETICS:GOLD
MEDAL, 2016



KIRUBA SHANKER B
Computer Science
JUNIOR NATIONAL TAEKWONDO
CHAMPIONSHIP: BRONZE MEDAL,
2016 & SILVER MEDAL IN KERALA
STATE TAEKWONDO CHAMPIONSHIP



ADARSH M L
COMPUTER SCIENCE
JUNIOR NATIONAL KHOKHO
CHAMPIONSHIP: BRONZE
MEDALAND GOLD IN
SOUTH ZONE KHO KHO
CHAMPIONSHIP 2016-17

ACTIVITY REPORT OF DEPARTMENT OF PHYSICAL EDUCATION 2017-18

TEAM ACHIEVEMENTS



CHES (MEN) team has won Second position in the Kerala University Inter Collegiate Chess Championship held at Karmela Rani Training College, Kollam.



Roll Ball team (WOMEN) won Second position in Kerala University Inter Collegiate Championship 2017-18 held at Central Stadium Thiruvananthapuram.

**ACTIVITY REPORT OF DEPARTMENT OF PHYSICAL EDUCATION 2017-18
TEAM ACHIEVEMENTS**



Shuttle Badminton (MEN) team has participated in the Kerala University Inter Collegiate Shuttle badminton Championship held at Toss Academy, Manacaud.



Football team has participated in the Kerala University Inter Collegiate Football tournament held at University Stadium. The team has won four matches and entered in to the Quarter Final.

ACTIVITY REPORT OF DEPARTMENT OF PHYSICAL EDUCATION 2017-18



Shuttle Badminton (WOMEN) team has participated in the Kerala University Inter Collegiate Shuttle Badminton Championship held at Toss Academy, Manacaud.



Cross Country team has participated in the Kerala University Inter Collegiate Cross Country Championship held at St. John's College Anchal. The team has finished fifth.



Kabaddi team has participated in the Kerala University Inter Collegiate Kabaddi tournament held at University Stadium.

INDIVIDUAL ACHIEVEMENTS 2017-18



KirubaSanker
(ComputerScience)

Second position in All India Inter University
Taekwondo Championship held at Guru Nanak
University Amritsar.
won First position in Kerala University Inter
Collegiate Taekwondo Championship 2017-18



APARNA
(Biotechnology)

participated in the All India Inter university
Chess tournament held at Chennai 2017-18



Alif Nissam
(2Geography)

participated in the All India Inter
University Athletics held at Coimbatour.
won third position in Kerala University
Athletics Championship

INDIVIDUAL ACHIEVEMENTS 2017-18



**SARATH CHANDRAN
(STATISTICS)**
participated in the All
India Inter University
Cycling Championship
held at Chandigarh &
Gold medal in Kerala
university



**Midhun Krishnan
(Geography)**
participated in the All India Inter
University Gymnastics
Championship held at
KURUKSHETRA & First position in
Kerala University Championship



**Sarath A S
(2nd Bio Chemistry)**
participated in the All India
Inter University cycling
Championship held at Punjab
& First position in Kerala
University Championship



**Syam M
(Geography)**
participated in the All India
Inter University Gymnastics
Championship & First position
in Kerala University Gymnastics
Championship

INDIVIDUAL ACHIEVEMENTS 2017-18



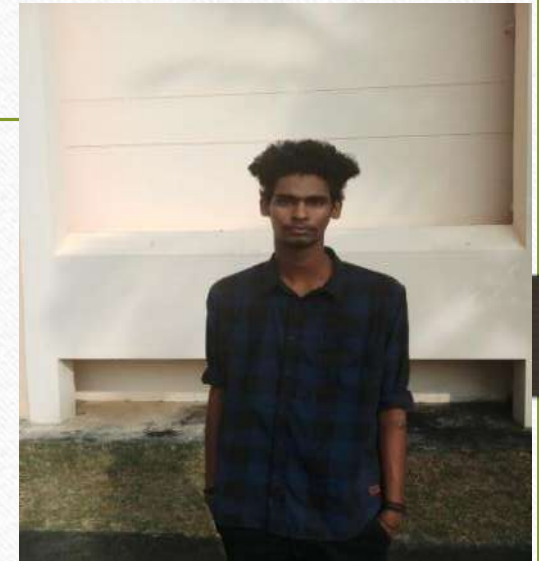
ARJUN (2nd Biotechnology)
Second position in Kerala University Inter Collegiate Weight Lifting Championship & Second position in Kerala University Inter Collegiate Power Lifting 2017-18.



Akhil C Nair
(PCA) third position in Kerala University Inter Collegiate Athletics Championship 2017-18



Abhiram A J (3rd I C) has won Third position in Kerala University Inter Collegiate Fencing Championship 2017-18 held at University Stadium.



Saran Krishnan (2nd Geography)
won Second position in Kerala University Inter Collegiate Taekwondo Championship held at LNCPE Kariavattom.

ACTIVITY REPORT OF DEPARTMENT OF PHYSICAL EDUCATION 2018-19
TEAM ACHIEVEMENTS



COLLEGE CHESS TEAM (RUNNER UP IN KERALA UNIVERSITY INTERCOLLEGIATE WOMENS CHAMPIONSHIP 2018-19) HELD AT MANNANIYA COLLEGE



KHO-KHO TEAM WON FOURTH POSITION IN KERALA UNIVERSITY INTERCOLLEGIATE KHO KHO CHAMPIONSHIP (2018-19)

***INTERCOLLEGIATE MENCHAMPIONSHIP)
TE MENCHAMPIONSHIP)***

ACTIVITY REPORT OF DEPARTMENT OF PHYSICAL EDUCATION 2018-19
TEAM ACHIEVEMENTS



***YACHTING MEN TEAM (OVER ALL THIRD POSITION IN
KERALA UNIVERSITY INTERCOLLEGIATE YACHTING
CHAMPIONSHIP 2018-19)***



***ARCHERY WOMEN TEAM (OVERALL THIRD IN KERALA
UNIVERSITY ARCHERY CHAMPIONSHIP 2018-19)***

ACTIVITY REPORT OF DEPARTMENT OF PHYSICAL EDUCATION 2017-18
TEAM ACHIEVEMENTS



ARCHERY MEN TEAM (OVERALL THIRD POSITION IN KERALA UNIVERSITY ARCHERY CHAMPIONSHIP 2018-19)



STATE MEDALIST IN ROLL BALL CHAMPIONSHIP (2018-19) won 2 silver 5 bronze)

**ACTIVITY REPORT OF DEPARTMENT OF PHYSICAL EDUCATION 2017-18
TEAM ACHIEVEMENTS**



CYCLING TEAM WON 1GOLD WOMENS SECTION & 1GOLD IN MEN SECTION IN KERALA UNIVERSITY CYCLING CHAMPIONSHIP 2018-19



GYMNASTIC MEN TEAM (RUNNER UP IN KERALA UNIVERSITY GYMNASTIC CHAMPIONSHIP 2018-19)(WON FOUR INDIVIDUAL MEDALS)

ACTIVITY REPORT OF DEPARTMENT OF PHYSICAL EDUCATION 2018-19
TEAM ACHIEVEMENTS



***COLLEGE CHESS TEAM (KERALA UNIVERSITY CHESS
RUNNERUP IN MENS SECTION 2018-19)***



***COLLEGE WEIGHT LIFTING TEAM(won two medals in Kerala
University Weight lifting championship 2018-19)***

**ACTIVITY REPORT OF DEPARTMENT OF PHYSICAL EDUCATION 2018-19
TEAM ACHIEVEMENTS**



***COLLEGE POWER LIFTING TEAM(won
two individual medals in Kerala
University powerlifting championship
2018-19***



**ROLL BALL WINNER IN KERALA UNIVERSITY
INTERCOLLEGIATE WOMENS SECTION 2018-19**

ACTIVITY REPORT OF DEPARTMENT OF PHYSICAL EDUCATION 2018-19
TEAM ACHIEVEMENTS



*ARCHERY MEN TEAM (OVERALL THIRD POSITION IN KERALA
UNIVERSITY ARCHERY CHAMPIONSHIP 2018-19)*



CHESS TEAM OVERALL RUNNER UP IN KERALA UNIVERSITY
INTERCOLLEGIATE CHAMPIONSHIP 2018-19

ACTIVITY REPORT OF DEPARTMENT OF PHYSICAL EDUCATION 2018-19



COLLEGE VOLLEY BALL TEAM 2018-19



COLLEGE CRICKET TEAM 2018-19

**ACTIVITY REPORT OF DEPARTMENT OF PHYSICAL
EDUCATION 2018-19**



COLLEGE FENCING TEAM



COLLEGE FOOT BALL TEAM 2018-19

INDIVIDUAL ACHIEVEMENTS

2018-19



SYAM M (GEOGRAPHY)

PARTICIPATION IN ALL INDIA
INTERUNIVERSITY GYMNASTICS
CHAMPIONSHIP & PARTICIPANT
NATIONAL GYMNASTIC CHAMPION
SHIP UNIVERSITY GOLD MEDALIST -
2018-19



SARATH AS (BSC BIOCHEMISTRY)

PARTICIPATION IN ALL INDIA
INTERUNIVERSITY CYCLING
CHAMPIONSHIP 2018-19 & STATE
GOLD MEDALIST.



SRUTHY P(BSC PHYSICS)

FOURTH POSITION IN ALL
INDIA INTERUNIVERSITY
ROLL BALL CHAMPIONSHIP
AND STATE TEAM CAPTAIN-
2018-19

**INDIVIDUAL ACHIEVEMENTS
2018-19**



AMAL BOBAN
BSC STATISTICS NATIONAL
PARTICIPATION & STATE MEDALIST
& Mr. Kollam IN BEST PHYSIQUE
2018-19



HIMA K S
BSC STATISTICS
PARTICIPATION IN ALL INDIA
INTERUNIVERSITY ROLL BALL
CHAMPIONSHIP (fourth position)
AND STATE MEDALIST 2018-19



DEEPAK KRISHNAN A
BSC Computer science
PARTICIPATION IN ALL INDIA
INTERUNIVERSITY ROLL BALL
CHAMPIONSHIP 2018-19

**INDIVIDUAL ACHIEVEMENTS
2018-19**



RESHMA REGUNATH
BSC STATISTICS
PARTICIPATION IN ALL
INDIA INET'R
UNIVERSITY ROLL BALL
CHAMPIONSHIP 2018-
19(fourth position)& STATE
MEDALIST 2018-19



APARNA
(BIOTECHNOLOGY)
SECOND POSITION IN
KERALA UNIVERSITY &
PARTICIPATED IN THE
SOUTH ZONE INTER
UNIVERSITY CHESS
TOURNAMENT HELD AT
CHENNAI. 2018-19



ADARSH M L
B.SC COMPUTER
SCIENCE PARTICIPATED
IN ALL INDIA INTER
UNIVERSITY SOUTH
ZONE KHO KHO
CHAMPIONSHIP 2018-19.



KRISHNAPREETHI B.S ,
BSC BIO TECHNOLOGY,
KERALA STATE GOLD MEDAL IN
BOXING YOUTH
CHAMPIONSHIP, 3RD POSITION
IN KERALA UNIVERSITY BOXING
CHAMPIONSHIP & SELECTED
FOR KERALA UNIVERSITY
CYCLING TEAM IN 2018-19

INDIVIDUAL ACHIEVEMENTS
2018-19



SILJI K SAJ I
BSC Physics
STATE KABADDI
CHAMPIONSHIP GOLD
MEDAL - 2018-19



PRAVEEN H
KERALA UNIVERSITY
INTERCOLLEGIATE
POWERLIFTING
SECOND POSITION
2018-19



SARAN KRISHNAN R S
BSC GEOGRAPHY)
SILVER MEDAL IN KERALA
UNIVERSITY INTERCOLLEGIATE
TAEKWONDO CHAMPIONSHIP
2018-19



Akhil C Nair (BSC PCA)
won third position in Kerala
University Inter Collegiate Athletics
Championship held at University
Stadium 2018-19

**ACTIVITY REPORT OF DEPARTMENT OF PHYSICAL EDUCATION 2019-20
TEAM ACHIEVEMENTS**



**ROLL BALL RUNNER UP IN KERALA UNIVERSITY
INTERCOLLEGIATE WOMENS SECTION 2019-20**



***COLLEGE CHESS TEAM RUNNER UP IN KERALA
UNIVERSITY INTERCOLLEGIATE WOMENS CHESS
CHAMPIONSHIP 2019-20 HELD AT BISHOP MOORE
COLLEGE, MAVELIKKARA***

ACTIVITY REPORT OF DEPARTMENT OF PHYSICAL EDUCATION 2019-20



COLLEGE FENCING TEAM 2019-20 WON THIRD IN MEN AND WOMEN CATEGORY (TEAM EVENT)



COLLEGE ARCHRY TEAM PARTICIPATING INTERCOLLEGIATE ARCHRY CHAMIPNSHIP 2019-20, HELD AT UNIVERSITY STADIUM

ACTIVITY REPORT OF DEPARTMENT OF PHYSICAL EDUCATION 2019-20



FENCING MEN TEAM WON THIRD POSITION IN KERALA
UNIVERSITY FENCING TEAM CHAMPIONSHIP 2019-20 HELD
AT MANNAIYA COLLEGE PANGODE



FENCING MEN TEAM WON THIRD POSITION IN
KERALA UNIVERSITY FENCING TEAM
CHAMPIONSHIP 2019-20 HELD AT MANNAIYA
COLLEGE PANGODE

ACTIVITY REPORT OF DEPARTMENT OF PHYSICAL EDUCATION 2019-20



COLLEGE WEIGHT LIFTING
TEAM 2019-20



COLLEGE KABADDI TEAM
MEMBERS PARTICIPATED FOR
UNIVERSITY SELECTION TRIALS
2019-20



COLLEGE POWERLIFTING TEAM 2019-20

ACTIVITY REPORT OF DEPARTMENT OF PHYSICAL EDUCATION 2019-20



COLLEGE VOLLEY BALL
TEAM 2019-20



COLLEGE ROLL BALL TEAM (MEN)
WON FOURTH POSITION IN KERALA
UNIVERSITY INTERCOLLEGIATE ROLL BALL
CHAMPIONSHIP



COLLEGE ATHLETICS TEAM
PARTICIPATED IN KERALA
UNIVERSITY ATHLETIC MEET
2019-20

ACTIVITY REPORT OF DEPARTMENT OF PHYSICAL EDUCATION 2019-20



COLLEGE FOOT CRICKET
TEAM 2019-20



COLLEGE FOOT BALL TEAM
2019-20

INDIVIDUAL ACHIEVEMENTS 2019-20



ADEEP MOHAMMED S
INTERNATIONAL PARTICIPATION IN TAEKWONDO
CHAMPIONSHIP HELD AT UAE (8th Fujairah international
Taekwondo Championship)
&All INDIA INTER UNIVERSITY BRONZE MEDAL, KERALA
UNIVERSITY AND STATE GOLD MEDALIST -2019-20



SRUTY P (BSC PCA)
NATIONAL PARTICIPANT IN ROLL
BALL CHAMPIONSHIP HELD AT
GUJARAT, KERALA TEAM
CAPTAIN, KERALA UNIVERSITY TEAM
MEMBER & KERALA UNIVERSITY
SECOND POSITION- 2019-20

INDIVIDUAL ACHIEVEMENTS

2019-20



MIDHUN KRISHNAN M A
(MSC PHYSICS) PARTICIPANTION
IN ALL INDIA
INTERUNIVERSITY SOUTH
ZONE CHESS CHAMPIONSHIP
2019-20



B.S KRISHNAPREETHI
(BSC BIO TECHNOLOGY)
PARTICIPATED IN YOUTH
NATIONAL WOMEN'S BOXING
CHAMPIONSHIP, PARTICIPATION IN
ALL INDIA INTERUNIVERSITY
BOXING CHAMPIONSHIP, STATE
GOLD MEDALIST,&UNIVERSITY
GOLD MEDALIST' 2019-20



DEEPAK KRISHNAN A
(BSC Computer science)
KERALA UNIVERSITY TEAM
MEMBER FOR PARTICIPATING
INTERUNIVERSITY 2019-20

INDIVIDUAL ACHIEVEMENTS

2019-20



APARNA M A
BSC BIOTECHNOLOGY
ALL INDIA INTERUNIVERSITY SOUTH
ZONE CHESS PARTICIPANTION 2019-
20& KERALA UNIVERSITY SECOND
POSITION



RESHMA REGUNATH
BSC STATISTICS
KERALA UNIVERSITY TEAM MEMBE FOR
PARTICIPATING INTERUNIVERSITY &
KERALA UNIVERSITY SECOND POSITION
2019-20



HIMA K S
BSC STATISTICS
KERALA UNIVERSITY TEAM
MEMBE FOR PARTICIPATING
INTERUNIVERSITY & KERALA
UNIVERSITY SECOND POSITION
2019-20

INDIVIDUAL ACHIEVEMENTS 2019-20



PRAVEEN H
JUNIOR STATE POWERLIFTING THIRD
POSITION, KERALA UNIVERSITY
POWERLIFTING CHAMPIONSHIP SECOND
POSITION , UNIVERSITY WEIGHTLIFTING
THIRD IN 2019-20



LEYA FRANCO MANGALY
KERALA UNIVERSITY
INTERCOLLEGIATE ATHLETIC MEET
2019-20
(HIGH JUMP SECOND POSITION)



KAVYA CY
WON KERLA UNIVERSITY
INTERCOLLEGIATE FENCING
CHAMPIONSHIP 2 BRONZE
MEDALS